

The Lemon Grove REVIEW

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Vol. 48, No. 45

Serving Lemon Grove and nearby communities

Tuesday, February 27, 1996 25¢

Dog is God Spelled Backwards

Story and Photos by
Mark Morgan-Hallburn



Everywhere you see Dyane Trebes, you'll find her faithful companion. From the malls to her favorite restaurant, Boll Weevil in Lakeside, to the supermarket, you'll see General padding along right beside her.

General is a 2 1/2 year-old yellow Labrador, a member of Canine Support Teams (CST), which raises dogs for people with disabilities other than blindness. CST has placed 35 dogs since July of 1990, 33 of which are still active.

Trebes, who says she is a "young 62-year-old," suffers from Multiple Sclerosis. She says General, with whom she was matched in November of 1995, is the most wonderful thing that's happened to her — lately.

"My kids were the greatest, but he's the best thing lately," she says. Someone once said that Dog is God spelled backwards. God definitely knew what he was doing when he created dogs, especially General."

The 90-pound lab picks up the phone whenever it rings and takes it to Trebes. He opens and closes the refrigerator, and is working on turning lights on and off. Because of MS, Trebes is prone to dropping things and General picks them up.

If Trebes drops the leash, General picks it up and brings it back. He isn't going anywhere.

General has a patch on the vest he wears that reads, "Please don't pet me. I'm working." Most people ignore it.

"Everyone seems to be fascinated by General," Trebes says. "Little kids, I let

them pet him. Anyone who asks first, I let them pet the dog. Just like a normal pet."

Trebes, who rides a scooter instead of a wheelchair, walks General two miles a day, including visits to her mother, Esther, at a convalescent home.

"There are times that I get discouraged, and I look at General," Trebes says. "He'll pick up his leash as if to ask for a walk, and I just feel that love. That unconditional love."

Joanne Drake of El Cajon is a CST volunteer, commissioned to train puppies to become canine companions. She brought home Nadia, a 15-week-old golden retriever, to stay with her, her husband and their two cats for a year.

Nadia's training started with lunch at Marie Callender's. The restaurant crew



General answers the phone.

thought Nadia was adorable and gave them a booth.

Later, Nadia visited Mission Beach and Belmont Park for her first ocean experience. The crew from television's "Rene-

gade" was filming at a local bar while they were there, and the dog was a perfect ice-breaker to meet Lorenzo Lamas and Johnny Cash.

Nadia practically stole the show on her first trip to Sea World.

"We were stopped wherever we went," Drake says. "People always wanted to pet her and had a list of questions. My husband said he is considering producing an information flyer to hand out to people."

Nadia's future training itinerary will include an airplane trip and visit to Disneyland.

CST volunteer puppy-raisers are responsible for all of the dog's care during the year that they socialize it. This includes food, veterinary care, spaying or neutering and any other necessities. They are asked to put the dogs through basic training courses in the first year, which normally run about \$75.

The puppies often become part of the family, and Joanne says they'll cry a lot saying goodbye to Nadia after a year in their home.

Kim Averill of Lakeside is just beginning the process of bringing a puppy into her home. The owner of a six-year-old chow, Averill has been watching Nadia's progress and wants to raise a puppy for CST.

Averill says she sees the potential of making a difference in someone's life, she loves dogs and wants to get involved. She is currently in the interview process and will find out in the next few weeks if she is chosen to socialize and train a puppy.

After the year of socialization, the sophisticated companion training takes 4 - 9 months. J. Aleita Downer of Spring Valley is the CST volunteer field advisor for San Diego County, as well as a trainer and instructor. She says that while some might label dogs pushing elevator buttons or opening the fridge "Stupid Pet Tricks," the dogs actually allow disabled people independence,

dignity and a sense of normalcy.

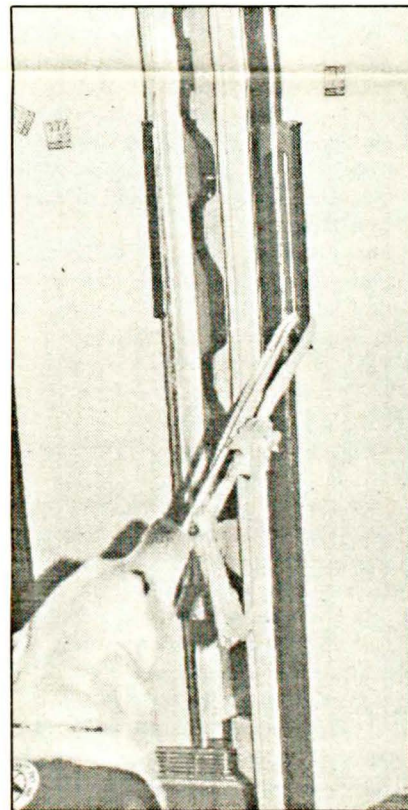
After 4 - 9 months at Downer's facility, dogs are placed with people and given two weeks of team training in their new homes. The person and dog bond together, learn commands, and learn to work effectively as a team.

In the case of General and Trebes, there will be constant training because MS is progressive.

"I will need more help later," Trebes said. "General will learn to help with those needs."

Downer said that many disabled people are able to venture into the world again after receiving their support dog. Not only due to the elimination of physical barriers, but also because of social stigmas.

"One of the most important aspects of this," she says, "is that it brings social acceptance to a person that is often ostracized because of their disability."



General opens the fridge.

Instead of staring, or looking away from a disabled person, Downer said that people interact with the person in the chair and their dog.

Many of the dogs in the CST program are pedigreed, Downer said, because all-important temperament is easier to predict. But she does rescue dogs from animal shelters. Still, since most of those dogs spend their lives in backyards, without socialization, her group can only rescue about one-out-of-100 from local pounds. The rest are usually donated or bred.

Downer looks for a calm dog, primarily puppies, and actually prefers that they be raised by people with cats so that they don't learn to chase them.

"Imagine being in a wheelchair with
Continued on Page 3

Community Notes

Tough Love to give program

The Mount Miguel High School PTSA will host a presentation by Tough Love at 7 p.m. Wednesday in the school library at 1800 Sweetwater Springs Road.

Principal Russ Boemke proposed the presentation to the PTSA after finding it helpful during his tenure at Monte Vista. Although Tough Love's discipline techniques were developed for at-risk teenagers, the boundary-setting techniques can be applied to any teenager, said PTSA secretary Olivia Dorman. Parents with teens struggling to make passing grades could benefit from the program.

The program is free. Refreshments will be served and door prizes awarded.

College Notes

Racist graffiti found at Cuyamaca

Three bulletin boards on campus were defaced by racist graffiti over the holiday weekend. The boards, commemorating Valentine's Day, were found in that state last week by Associated Student Government Senator James Dunnigan.

All three boards had been ruined, with "white power" (misspelled "whit") and "nigger" penned in, decorations ripped off, little poems submitted by various students stolen, and one display was defaced by a swastika.

Dunnigan, who created the displays, felt that the vandalism was a personal attack on him by someone he knows who belongs to a militia group, as one of the obscenities had an arrow pointing toward his initials. He also said that campus security did not investigate the incident or seem to know of it until Dunnigan reported it to them.

Racist graffiti is found rarely on the campus, the last incident being a penciled-in swastika on a library bathroom wall. However, because this appears to be a personal attack upon Dunnigan, who is black, the district police have labeled this a hate crime. The displays are presently being stored at Grossmont College as evidence.

Obituaries

George Robert Fickas

George Robert Fickas, 84, of Lemon Grove, died Feb. 10, 1996 at home.

Mr. Fickas was born Oct. 1, 1911 in San Diego and lived in Lemon Grove his entire life. He was the owner and operator of George's Tire Company for 50 years, first in San Diego and later in Lemon Grove. Mr. Fickas was a longtime member of Toastmasters and belonged to the Lemon Grove Rotary Club. He served in the U.S. Army during World War II.

He was preceded in death by his wife, Lucille. Survivors include brothers Thomas Fickas of Lemon Grove and Red Fickas of Poway; sisters Leonore Peterson of San Diego and Helen Hicks of National City; and many nieces and nephews.

Mr. Fickas' ashes were scattered at sea.

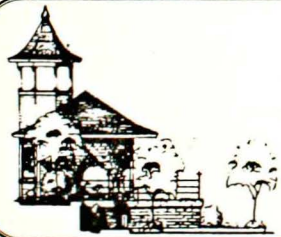
Ralph L. Knowles

Ralph L. Knowles, 85, of Lemon Grove, died Thursday, Feb. 22 in La Mesa.

Mr. Knowles was born Jan. 25, 1911 in Dayton, Ohio and lived in Lemon Grove for two years. He worked as a U.S. Postal Service letter carrier for 12 years. Mr. Knowles had been a member and master of the Masonic Lodge in Everglades, Fla.

Survivors include his wife, Kathaleen; stepson George Parmer of Lemon Grove; daughters Kathy Holdsworth of Missouri and Barbara Holmes of Pennsylvania; and 11 grandchildren, 16 great-grandchildren and three great great-grandchildren.

There will be no memorial service. Mr. Knowles' ashes will be scattered at sea.



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WEATHER

The following information was provided by the Lemon Grove Fire Department.

	High	Low
February 18	69	53
February 19	73	55
February 20	71	57
February 21	64	57
February 22	64	50
February 23	71	41
February 24	63	43

PUBLIC NOTICES

NOTICE OF TRUSTEE'S SALE TO: No. 95-0562-0102 Loan No. 1334602 YOU ARE IN DEFAULT UNDER A DEED OF TRUST DATED 8/29/93 UNLESS YOU TAKE ACTION TO PROTECT YOUR PROPERTY, IT MAY BE SOLD AT A PUBLIC SALE. IF YOU NEED AN EXPLANATION OF THE NATURE OF THE PROCEEDING AGAINST YOU, YOU SHOULD CONTACT A LAWYER. On 3/12/96 at 10:00 AM, Lonestar Mortgage Assistant Corp., as duly appointed Trustee under and pursuant to Deed of Trust recorded 8/10/93, as Instrument No. 1993-0516609, in book - page - of Official Records in the office of the County Recorder of San Diego County, State of California, Executed by Thomas C. Mendola and Melba C. Mendola, husband and wife as Joint Tenants will sell at public auction to highest bidder for cash (payable at time of sale in full money of the United States) At the South entrance to the County Courthouse, 220 West Broadway, San Diego, California. (Note: Cashier's check(s) must be made payable to Lonestar Mortgage Assistant Corp. at right. All and interest conveyed to and now held by under said Deed of Trust in the property situated in said County and State described as: As more fully described in the above mentioned Deed of Trust APN # 577-120-13 The street address and other common designation, if any, of the real property described above is purported to be: 1890 Skyline Drive Lemon Grove, California 91945. The undersigned Trustee disclaims any liability for any incorrectness of the street address and other common designation, if any, shown herein. Said sale will be made, but without covenant or warranty, expressed or implied, regarding title, possession, or encumbrances, to pay the remaining principal sum of the note(s) secured by said Deed of Trust, with interest thereon, as provided in said note(s), advances, if any, under the terms of said Deed of Trust, fees, charges and expenses of the Trustee and of the trust created by said Deed of Trust. The total amount of the unpaid balance of the obligation secured by the property to be sold and reasonable estimated costs, expenses and advances at the time of the initial publication of the Notice of Sale is \$136,271.80. The beneficiary under said Deed of Trust heretofore executed and delivered to the undersigned a written Declaration of Default and Demand for Sale, and a written Notice of Default and Election to Sell. The undersigned caused said Notice of Default and Election to Sell to be recorded in the county where the real property is located. Date: February 05, 1996. Lonestar Mortgage Assistant Corp., as Trustee, Sanana A. Branam, Authorized Signature, Address: P.O. Box 515388, Dallas, Texas 75251-5388. For Trustee's Sale information please call (916) 387-7728. LONESTAR MORTGAGE SERVICES, LLC IS A DEBT COLLECTOR ATTEMPTING TO COLLECT A DEBT. ANY INFORMATION OBTAINED WILL BE USED FOR THAT PURPOSE. ASAP193943 2/20/97, 3/5

The Lemon Grove Review

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PG Perspectives

by Phillip Giannangeli

Excuses

There are hundreds of excuses writers have for not writing. I know because over the years, I've employed most of them. And I'm often amazed at my ability to invent new ones on a regular basis. It's a real talent!

I delayed the beginning of this writing-day by convincing myself as I stared at the blank screen on my computer that I needed to put on some socks. The socks were located in another room which meant I had to leave my desk to get them and, of course, no writing would occur during that interlude. I also convinced myself that the selection of just the right pair of socks would be critical to the success of any writing I might do. It's amazing how 20-30 minutes can disappear as the sock drawer gets rearranged and the correct pair selected.

It wasn't one of my better delay tactics, but all of them can't encompass an entire portion of the day. Back at my computer, facing the blank screen once again (feet now ensconced in warm fuzzy, light gray socks), I thought I'd share some of my better (more self-convincing) excuses not to write.

The aforementioned socks excuse is one that has multiple variations. The shirt doesn't feel right, shorts are too tight. The search for a scarf to throw around the neck can take a long time. Why you might wonder would anyone need a scarf around the neck to be able to write? To set a mood of sophistication, of course. But finding that scarf can take so much time that the sophistication it was supposed to generate turns to ennui and the speck of the idea you had becomes part of the greater universe of floating specks of ideas.

There are other excuses to avoid writing. I once left my computer, screen-saver images bobbing all around, to go to the drug store to buy new reading glasses. I had managed to convince myself that my inability to write that day had something to do with reading glasses that just weren't cool enough to write any good stuff. Not bad, huh?

Tasks, too, make for great excuses. Clean that messy desk so you can be a more efficient writer. Probably won't write a single word that day because you're so busy sorting paper clips from rubber bands, and making symmetrical stacks of projects begun, projects in mid-term and those not yet completed. One paper dangles perilously near the edge of the desk. It alone is finished.

Another great task is updating your directory of phone numbers. That can wile away hours as the culling and sorting takes over. Probably would have been unproductive writing-time anyway and once you're done you can call up long lost friends and tell them how you're struggling with writer's block.

Chores provide one of the best, guilt-free set of excuses for not writing. Dust on the computer screen leads to the discover that there's dust throughout the room, thus necessitating a complete dusting, including the book shelves. Other rooms in the immediate vicinity may require similar treatment and before you know it, a whole morning or afternoon is shot. Yeah!

There are all kinds of excuses for not writing. Today, though, I'm not going to succumb to any of them. I've got so much I want to write. And I will. But first I have to take care of this wisp of hair that keeps falling in my eyes. I can't concentrate with that kind of a major distraction. I wonder if my barber can get to me today. Maybe I'll just drive over there and see. And while I'm at it, I'd better stop at the bank ...

Letter to the Editor

Being pro-life is not being "radical"

In Washington D.C. on Jan. 22 a spokesperson for the pro-choice movement referred to those 60,000 citizens who marched to the Capitol to protest the legalization of abortion as being of the "radical right."

These two words describes their feelings towards their fellow citizens who are literally horrified with the acceptance of the practice of abortion. A practice that results in the destruction of the offspring and descendants of the men and women, the boys and girls, who engage in the sexual actions that bring about the conception of them.

The words "radical right" are now used to describe those citizens who regard children as being "the masterpieces of God's creation." The touch of a little baby is as close as one can come to the touch of God.

It is inconceivable that anyone now living could look upon himself or herself as being at one time in the early states of their development in the wombs of their mothers, as deserving of nothing more than rejection and destruction.

The people of this country who embrace Christianity and who accept the teachings of the faith they consider their own and who love the Bible, are spiritually guided by what they are taught and what they read in the Bible.

Great is the violence that is done by the rejection of the truth that human life begins at conception. Catholics believe that the Mother of Jesus was conceived without original sin. She is the Immaculate Conception.

When Mary was carrying Jesus in her womb for a matter of days, she was instructed by an angel to go and be with her cousin, Elizabeth, who was six months pregnant with John the Baptist. When Elizabeth saw her coming, she cried out with joy: "How is it that the mother of my Lord would be coming to see me?" Is it now "radical" to believe in what the Bible has taught?

BOB WANGLER
Lemon Grove

Dogs

Continued from Page 1

your dog attached, and having it take off after a cat or a car. Or how about a dog that had never been in a supermarket before? It's easier to raise them as puppies, and that's where the socialization by our volunteers is crucial. They take the dogs out. So many pets are isolated," Downer said.

Trebes says she receives a check for about \$50 each month from a support group in Sacramento, but that only covers part of General's food and care. Because the cost of raising a CST dog is about \$6,500, the non-profit, tax-exempt group always appreciates donations. Advanced training takes up much of the expense, medical tests, eye testing and other expenses take up the balance.

After a \$50 application fee, the dogs are placed free-of-charge with disabled recipients. CST retains ownership of the dog. The rest of the money, used for specialized training and veterinary care after the first year, comes from donations.

For more information about CST, to volunteer to raise a puppy, or to make a tax-deductible donation, call Downer at 697-7383.

The ABCs of vitamins can be a lesson in health

The National Cancer Institute now recommends that we eat at least five servings of fruits and vegetables everyday. So mom and dad were right.

"Eating lots of fruits and vegetables is a must in anyone's diet. But they do not always provide all the needed ingredients," said Nancy Hughey, vitamin buyer for Boney's Marketplace.

Here is a breakdown of each vitamin and how it can affect your body:

- Vitamin A is essential for normal growth and reproduction. It is beneficial for healthy skin, hair, mucous membranes and overall tissue maintenance. It also helps vision in dim light. Vitamin A can be found in yellow/orange and dark green vegetables and fruit such as carrots, cantaloupe, broccoli, spinach and sweet potatoes.

- Vitamin B1 (Thiamin) helps the nerves and muscles — including the heart — stay healthy. It can help prevent fatigue and irritability.

Vitamin B1 actually helps the body release energy from carbohydrates during metabolism. It can be found in whole grains, dried beans and peas, sunflower seeds and nuts.

- Vitamin B2 (Riboflavin) is necessary for good vision, healthy hair, skin and nails. It is necessary for normal cell growth and helps the body release energy from protein, fat and carbohydrates during metabolism. Vitamin B2 can be found in fish, poultry, dried peas, beans, nuts, sunflower seeds, cheese, eggs, yogurt, milk, whole grains and green, leafy vegetables.

- Vitamin B3 (Niacin) is important for healthy skin and digestive tract tissue. It gives energy to the metabolism and stimulates circulation. However, caution taking vitamin B3 by itself because it can cause the skin to flush. Its main sources are liver and other organ meats, as well as poultry, fish, dried fruits, dried beans, leafy greens, whole grains, milk and eggs.

- Vitamin B6 helps form red-blood cells and aids in the metabolism of fat. It also helps fluid-balance regulation. Vitamin B6 can be found in sunflower seeds, beans, poultry, liver, nuts, green, leafy vegetables, dried fruits and bananas.

- Vitamin B12 is also important in the formation of red-blood cells. It is instrumental in the function of the nervous system and in metabolizing protein and fat in the body. The best sources of vitamin B12 are animal protein foods, such as meat, fish, shellfish, poultry, milk, yogurt, and eggs.

- Vitamin C is essential for connective tissue formation in the skin and promotes maintenance of cartilage, bones and teeth. It is also an antioxidant that stimulates the immune system and helps in the absorption of iron. It is found in citrus fruits, berries, melons, dark green vegetables, cauliflower, tomatoes, green and red peppers, cabbage and potatoes. Kiwi fruit and strawberries are excellent sources of Vitamin C.

- Vitamin D, also known as the "sunshine vitamin," is manufactured in human skin when in contact with ultraviolet light. It is important for bone growth and maintenance. During the winter, clouds and smog can actually reduce the body's production of vitamin D. Vitamin D is found in fortified and full-fat dairy products, tuna, salmon and cod liver oil.

- Vitamin E is an antioxidant that prevents cell-membrane damage. "Good sources of vitamin E are vegetable oils as well as nuts, seeds, fish, wheat germ, whole-grain products and green leafy vegetables."

- Vitamin K is necessary for normal blood clotting. Good sources are dark green, leafy vegetables, cabbage, cauliflower and eggs.

Hughey said it is important to remember that the key to good nutrition is to eat a wide variety of healthful foods rather than concentrating solely on particular nutrients.

"It is also important to take into consideration that actual vitamin needs for individuals may vary depending on factors such as age, sex, genetics, environment, illness and stress," she said. "If you are unsure, ask a nutritionist or your physician before increasing your intake of any vitamin."

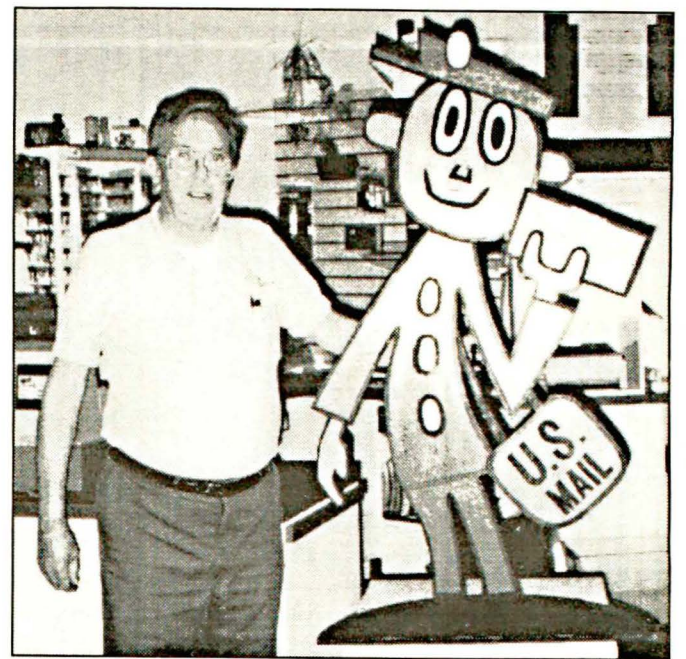
Mr. Zip 'rescued' by La Mesa businessman

La Mesa Mail Boxes, the independent Postal Alternative store owned by Jack and Norma Smith, becomes the home for a little bit of history. A cartoon figure of "Mr. Zip" was rescued from a dumpster and refurbished and now stands proudly as a reminder of the past.

In 1963, the United States Postal Service introduced the Five-Digit Zip Code. At the time, this Zone Improvement Plan was viewed as a positive step for improving the productivity of mail distribution during a period of escalating mail volume and expanding delivery stops.

Additionally, five-digit Zip Code areas were found to lend themselves to a broad variety of other applications, including geographic and demographic utilization.

To launch this plan, an advertising campaign was created to induce patrons to use the new five-digit codes. This included use of posters, magazine ads, TV spot announcements, postmark slogans and the cartoon figure



Jack Smith of La Mesa Mail Boxes shows off Mr. Zip.

"Mr. Zip."

"We are proud to have a replica of the cartoon figure of Mr. Zip on display in our store," Jack

Smith said. "It keeps our history alive and at the same time put a little zip in our customers attitude when they see him."

Commentary

New law would protect your identity

by State Senator Steve Peace

With every passing day, computers absorb more and more personal information about you. Your credit history, your medical records, property transactions, telephone calls, magazine subscriptions, insurance profiles, driving records, tax records, even your cable TV and video rental habits are part of someone else's "data base."

Who you are. Where you have been. Where you are likely to go. Your identity. It's all there in computers run by the government, by insurance companies, by financial institutions, by retail companies, telephone companies, cable companies and by companies whose business it is to collect, collate and market you to the highest bidder.

The buyers are drug manufacturers, insurance companies, politicians, retailers of cars, appliances and household goods ... anybody who has something to sell. For them it's a numbers game. In a country of over 200 million people it is valuable to know who fits the profile of a likely successful sale.

So your identity is pieced together by mixing and matching the bits and pieces of yourself which you leave at the grocery store register, video counter, DMV, pharmacist, courthouse and — there is no end to the list.

Along the way, your cyber gene pool may even get mixed in with another electronic soul. You had the same name, then maybe a slip of one digit on a social security number or the wrong code attached to your name by a part-time "computer input specialist."

If you are lucky, you won't be amongst the millions of Americans whose identity is hijacked on the information highway — a street with the highest growing crime rate in the nation.

Sure, there are steps you can take to protect yourself. Don't

give out credit card numbers or social security numbers over the telephone.

Demand an annual copy of your credit report from every company that you know keeps one on you. But so many files are kept on us without our knowledge, it would be a full-time job just trying to find out who has them.

Even if you find them all, have you ever tried to get inaccurate information corrected in a credit file? Once a piece of bad information hits the system, the sheer number of exchanges of data makes correcting mistakes like chasing a runaway virus.

Congress and state legislatures throughout the country have struggled with the effort to develop laws to protect our privacy. I have authored the most aggressive of these efforts here in California. California was the first state to ensure that consumers had access to, and the right to demand correction of credit files. Confidentiality laws theoretically protect your information from access by third parties. However, it hasn't been enough.

The laws don't work because they start from the wrong premise. Who you are. Where you have been. Where you are likely to go. These are things that belong to you. They are, in essence your identity.

Ironically, the same information about the identity of a fictional character or a machine or even a simple object can be protected under trademark and copyright laws. Unfortunately, you have no right to protect yourself from others who would seek to profit from marketing your identity.

Why should a company like TRW or some obscure "list maker" you've never heard of be allowed to own your identity?

They shouldn't. And, it doesn't have to be that way. That's why I am authoring a very simple proposal for a new law which would say that no one can sell or profit from your identity without your permission. As written, it is a simple implementation of California's existing constitutional protection of privacy.

It would mean many businesses, including government, would have to make profound changes in the way that they operate.

For example, today many companies maintain files on you for credit purposes. You have no way of even knowing who has a file, let alone what is in it.

If my proposal were to become law, only a company which you give permission to would have a right to maintain a file on your financial transactions, and they would not be allowed to share that information except under conditions which you have approved.

As you might imagine, this will be a very difficult bill to get through the Legislature. It will be opposed by all of those businesses and government agencies who own your identity today and won't want to give it back to you.

The sooner we start the fight, the better. Every day those computers keep cranking out of our control, more information is absorbed, more mistakes are made, and the task of bringing things back under control just gets bigger and bigger.

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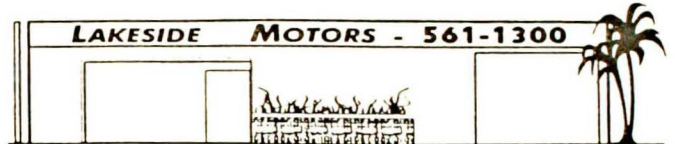
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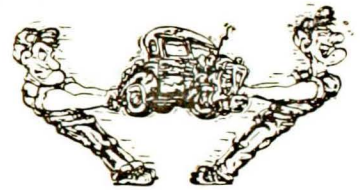
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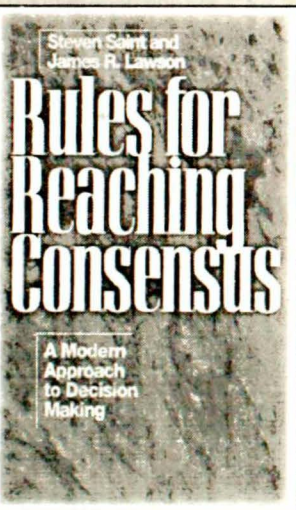
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